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Dancers grab global attention

PEGGY'S COVE

Bhangra group now inundated with accolades, applications



Yvette d'Entremont
Metro | Halifax

A short video filmed on the rocks at Peggy's Cove is proving popular with video watchers from around the world.

The Maritime Bhangra Group posted the dance video on their Facebook page Friday and within hours members knew something unusual was happening.

"In maybe two to three hours, we just saw that wild growth coming up," group member Hasmeet Singh Chandok said in an interview Monday.

"Until the end of the first day (Saturday) we didn't expect it to go to 1,800 shares which it has right now and it's growing every second. We have 150,000 views right now."

The group has posted videos before, but none that sparked such wide attention.

Chandok said they're receiving feedback around the world.

VIDEO

To see the video go out to website at metronews.ca/halifax.

"Maybe the Peggy's Cove factor came in, or just because there was something in that video that even we are not able to figure out," he said of its popularity.

"Someone came up with the thought that when they look at (the video), the smiles of the dancers are so contagious that they keep on smiling and they keep on looking at the video again and again."

Maritime Bhangra Group formed about three years ago when a group of Dalhousie University students got together to share their love of the dance. Bhangra originated from the Punjab province in northern India.

The group's members are Sikh and perform a modern form of the dance.

They started with a core group of six to 10 people. Since the video's surge on social media over the weekend, they have received 40 to 50 applications from people wanting to join them.

"(That) includes people from all the races and that is the most wonderful part of it because one of the reasons why we do this dance is we want to raise awareness of who we are, where we come from and how we look," he said.

"People are very good in the Maritimes, they are so nice, but we still have that issue where people stare at us because they don't know who we are...people confuse us with others, and we just feel that our identity is missing so we need to let people know who we are."

Although he didn't want



The Maritime Bhangra Group did a Peggy's Cove performance that garnered international attention. FACEBOOK



We just want to give back to this community because people have loved us so much.

Hasmeet Singh Chandok

to disclose too many details, the group is now motivated to shoot other videos featuring iconic Nova Scotia locations.

"We are shortly going to do one at the waterfront. Whenever we go west and tell people we are in Halifax I have one of these people ask me 'Is that

in Toronto?' and I say no," he explained.

"This is the place we have learned and gained everything from after coming to Canada so we feel that if we actually do (videos) from these locations, we want to give a boost to the tourism in Nova Scotia."



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'It's not a funny prank'

Halifax police are concerned about strained resources after a string of bomb threats



Haley Ryan
Metro | Halifax

Halifax's deputy police chief said a rash of bomb threats within two days is concerning, since the force might not have enough resources to handle everything if the pattern continues.

Monday saw two bomb threats in HRM, one at Cole Harbour High School at about 7:16 a.m.

Officers and an explosive-sniffing dog were brought in to sweep the evacuated building.

Students returned around 9:30 a.m.

The second was at the Dartmouth transit bridge terminal just before 5 p.m., and resulted in the terminal because closed during the search.

"It's not a funny prank," Bill Moore said Monday, adding that each bomb threat roughly takes up three hours of police time, depending on whether they bring in a canine unit and the building is evacuated.

The Monday incidents are

the sixth and seventh since Sunday morning, and latest in a recent string of incidents at NSCC's in Nova Scotia, as well as schools across Prince Edward Island last week.

"It gets to a point where there's always that potential that we may not have the sufficient resources to deal with everything that's going on at that time," Moore said.

"It hasn't been serious yet, but that's my biggest concern."

Although the Sunday threats all happened within a couple of hours of one another and turned up nothing suspicious, Moore said unless police can "take the risk down to zero" they have to respond to threats in some way.

They are working with police forces like the RCMP in Nova Scotia and those in Cape Breton and P.E.I. to share information and investigate whether any threats are linked, Moore said.

Moore said Halifax police's tech crime staff are looking into where the calls came from, and he is hoping they have some success in that area.

"There's always that potential that we may not have the sufficient resources to deal with everything."
Deputy Police Chief Bill Moore

Threats on Sunday



**1:30 a.m.
Cole Harbour
Place**



**2 a.m.
Dalhousie
University**



**Just past
2 a.m.
Saint Mary's
University**



**Seven
minutes after
SMU: Halifax
Central
Library**



**2:20 a.m.
Stanfield
International
Airport**

...then more threats on Monday



**9:30 a.m.
Cole
Harbour
High
School**



**4:55 p.m.
Dartmouth
Bridge
Transit
Terminal**

HEALTH CARE

North-end clinic to move



Yvette d'Entremont
Metro | Halifax

After years in a cramped space that also requires extensive renovations, the North End Community Centre is getting new digs.

The centre announced on Monday that it's entering into a long-term lease agreement with the Nova Scotia Health Authority for a new site at 2131 Gottingen St.

The community health centre now owns its primary care site at 2165 Gottingen St. and leases a second site at 2101/2103 Gottingen St. The new space is located between the two current sites.

"We have people who share desks, share clinic rooms. I've worked other places where doctors have two or three clinic rooms," Dr. Rod Wilson said in an interview.

The family physician is the health centre's executive director and said they were "very excited" by the agreement.



"We have people who share desks, share clinic rooms."

Dr. Rod Wilson

ELECTION

Mayoral debate Tuesday

HALIFAX VOTES 2016

The two candidates for the job of mayor of Halifax will face off in a Mayoral Candidates Forum on Tuesday night.

Incumbent Mayor Mike Savage and challenger Lil MacPherson will take the stage at 6 p.m. at the Westin Nova Scotian on Hollis Street in a debate moderated by writer Dan Leger, and put on by Our HRM Alliance, and the area's eight business improvement districts.

A Facebook page for the event says it "will allow candidates the opportunity to discuss and debate their views," and the public is invited to submit questions on Facebook and Twitter using the hashtag #MayorForum.

METRO

Street plans are paramount

ELECTION

Metro talks about issues in Halifax West Armdale



Zane Woodford
Metro | Halifax

Transportation is a huge issue in District 9.

With many of Halifax West Armdale's residents travelling

daily through the often-clogged Armdale Rotary, it's an issue that comes up again and again.

At a well-attended recent public meeting in the area, the municipality unveiled plans to widen the road on the approach to the traffic circle. The plan was met with scepticism by the 75 or more residents in attendance.

Many at the meeting called for a bridge across the Northwest Arm, but a suggestion to make transit more attractive got the biggest round of applause from the room full of people.

With a population of 26,575, District 9 includes part of the west-end of peninsular Halifax, on the west side of Oxford Street between Jubilee Road and Bayers Road, along with neighbourhoods like Springvale, Armdale, and Jollimore, plus much of the area along Purcell's Cove, Herring Cove and Williams Lake Road on the other side of the Armdale traffic circle.

Area Coun. Linda Mosher has been most vocal in recent years on two issues: sidewalk snow clearing and donairs.

In 2013, she moved, success-

fully, to make sidewalk snow-clearing the sole responsibility of the municipality. That issue blew up in 2015, when a rough winter left many streets, and especially sidewalks, in the municipality impassable.

Last fall, Mosher led the charge, again successfully, to make donairs the official food of Halifax.

Mosher has been in office since 2000, and won't be easy to knock off, having won with 56.67 per cent of the vote in 2012.

Her primary challenger,

Shawn Cleary, is a Mount Saint Vincent University business professor and former policy analyst for Prime Minister Joe Clark's election campaign in 1998 and 1999.

Cleary and Mosher made headlines in May when the incumbent councillor bought up the domain names shawncleary.com and shawncleary.ca, and then later released them.

Kyle Woodbury, who describes himself as a "working class family man" is also on the ballot in District 9, hoping to take Mosher's place at City Hall.



People take in the sunset at Sir Sanford Fleming park in District 9. JEFF HARPER/METRO

Meet the candidates



Linda Mosher

Twitter: @Kicking
lindamosher.ca



Shawn Cleary

Facebook: shawnclearyhalifax
Twitter: @shawncleary
shawncleary.ca



Kyle Woodbury

Facebook: KyleWoodburyDistrict9
Twitter: @HRMKyleWoodbury
kylewoodbury.ca

MAPPED | HALIFAX ELECTION DISTRICTS DISTRICT 9: HALIFAX WEST ARMDALE



Population: 26,575

Boundaries: District 9 includes part of the west-end of peninsular Halifax, on the west side of Oxford Street between Jubilee Road and Bayers Road, along with neighbourhoods like Springvale, Armdale, and Jollimore, plus much of the area along Purcell's Cove, Herring Cove and Williams Lake Road on the other side of the Armdale traffic circle.



Key Dates:
e-voting (online and by telephone) starts Oct. 4, runs every day till Oct. 13
Advanced polling in person on Oct. 8, 11
Election Day is Oct. 15
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Which district you live in: apps.halifax.ca/districtlookup
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ATLANTIC OCEAN

Multicoloured coral gets special protection

In a dark corner of the Atlantic Ocean, amid a pair of steep-sided canyons far off the southwest coast of Nova Scotia, there's a welcoming home for schools of fish decorated with coral so colourful its official name is bubblegum.

Before the end of this year, the two canyons — Georges and Corsair — will be declared off limits to fishermen who use gear that is dragged or dumped on seabed, the federal Fisheries Department announced Monday.

"These are globally known as

sensitive and important areas," federal oceans planner Derek Fenton told a news conference at the Bedford Institute of Oceanography.

The so-called bottom-contact gear is deadly to corals, which are among the largest invertebrate creatures on the planet.

In total, more than 9,000 square kilometres of ocean bottom will be protected under the Fisheries Act, effectively banning the use of otter trawls, lobster and crab traps and anchored gill nets and long lines.

"What we're trying to protect is the homes ... that these fish live in," said acting regional manager Carl MacDonald. "We try to draw the areas as small as we can, but we want to protect the key feature, which is the corals."

The new restrictions will also apply to a 49-square-kilometre area called the Jordan Basin, about 100 kilometres west of Yarmouth. The area is also known as "the rock garden," where multi-coloured seacorn coral flourishes.

The basin also features a large assortment of anemones and sponges, creating a multi-hued

carpet that stands in contrast to the grey, barren depths that represent much of the ocean floor.

And, yes, both seacorn and bubblegum coral look strangely like their namesakes.

"Many people don't even know that we have cold-water coral off of Nova Scotia — and this is something we've been working on for two decades," said Susanna Fuller, conservation coordinator with the Halifax-based Ecology Action Centre.

"It's exciting progress toward recognizing that cold-water corals are an important part of our biodiversity. When I used to interview fisherman about why they're so important, they would say, 'It's just like a moose needs trees.' That structure on the sea floor is very important."

Despite the new restrictions, Fenton said the number of fishermen affected by the closure is small and the level of economic impact will be minimal. In all, only seven lobster fishermen will be affected in an area of Nova Scotia where there are about 1,000 lobster licences.

THE CANADIAN PRESS

+ VALUE

Federal officials say that from 2011 to 2015, the value of commercial landings by bottom-contact fisheries within the two sensitive areas was below \$300,000 annually, which was less than 0.1 per cent of the total annual value of all commercial fisheries in the Maritimes region.



Annabelle Thiebaut protests at the entrance of a work site near the Shubenacadie River in Fort Ellis, N.S. on Monday. ANDREW VAUGHAN/THE CANADIAN PRESS

Mi'kmaq group protests gas site

ENVIRONMENT

Demonstrators say storage area would harm local fisheries

Mi'kmaq protesters blocked access to a construction site near proposed natural-gas storage caverns in Nova Scotia, saying the project threatens a tidal river that passes through their traditional lands.

About 20 people gathered near the Alton project in Fort Ellis on Monday, close to a small island where the tidal Shubenacadie River meets a channel in which salt water is to be discharged.

Mi'kmaq elder Isabelle Knockwood held eagle feathers and members of the group spread juniper branches over the road near the locked steel gate, as four private security officers calmly looked on.

An RCMP negotiator in plain clothes came to the site, but there was no visible police presence as the group erected a canopy,

deck chairs and a table with a red blanket on it directly in front of the gate around 8 a.m. local time.

Cheryl Maloney, a Mi'kmaq activist who helped organize the blockade, said it remained peaceful through the day, with police keeping a distance.

"It's absolutely peaceful," said Maloney on Monday evening. "We let the trucks leave from the work site and we let their (security guards') food come in."

The natural-gas storage project would pump water from the winding Shubenacadie river to the underground salt cavern site about 12 kilometres away, where it will be used to help empty the caverns.

The briny water that results would be pumped back into the river system.

The Mi'kmaq protesters, who have been joined by some local residents opposed to the project, say they're upset over the plan by AltaGas Ltd. because it poses environmental risks to fisheries they have accessed for centuries.

"We're willing to sit here and hear back from Alton, to hear back from Nova Scotia, to hear



We're hoping somebody is going to make a move.

Cheryl Maloney

back from the federal ministers and to hear back from the prime minister," said Maloney. "There is too many things wrong with this project."

As television crews filmed, she called Premier Stephen McNeil's office to ask for a meeting to discuss the Crown's responsibility to protect Mi'kmaq fishing rights in the area.

Later Monday, Maloney said she had not heard back from the premier's office. She said Alton did ask to speak with the chief of the Indian Brook band, but she said the band is wary of any negotiation because of past legal threats from the company. She said the protesters would remain overnight and are hoping to hear from government or company officials on Tuesday.

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COURTS

Hockey dad fined for driving drunk

A Halifax-area man who got drunk during his daughter's minor hockey game will pay close to \$2,000 in fines for impaired driving.

Darryll Stevens, 51, was sentenced in Pictou provincial court Monday to an elevated fine of \$1,500 plus a \$450 victim surcharge for a Feb. 20 incident.

Crown attorney Bill Gorman told the court that Stevens' wife had called 911 around 12:30 p.m. on this day after speaking with him on the phone. She told po-

lice she was concerned he had been drinking alcohol and was driving home with their daughter from the rink.

Police started to search for his vehicle and she called them back a while later to say their daughter had just called her and she was hiding from her father at a Shell service station, where police found both Stevens and his daughter.

During his arrest, he told police that he had a bottle of vodka that he was pouring into a pop

bottle while he watched the minor hockey game.

About three hours after his arrest, Stevens' blood alcohol levels were reading about three times the legal limit. He entered a guilty plea in the spring and was handed a two-year driving prohibition.

He has entered into a contract with his employer that states he must be substance-free at work or be fired and continues to go for psychological counselling to help with his addiction. METRO

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ROYAL VISIT FIRST NATIONS WELCOME WILL AND KATE Prince William, the Duke of Cambridge, and Kate, the Duchess of Cambridge, attend a welcoming ceremony at the Heiltsuk First Nation in Bella Bella, B.C., on Monday. DARRYL DYCK/THE CANADIAN PRESS



CALGARY

Man charged with player's murder

Police have charged a 19-year-old Calgary man with second-degree murder following the shooting death of a Calgary Stampeders player.

Police say Mylan Hicks, who was 23, was shot outside a night-club following an altercation early Sunday morning.

Nelson Tony Lugela is charged with second-degree murder. He is scheduled to appear in court Friday morning.

Police say three suspects were initially in custody, but two were released without charges.

The team has said several players were at the Marquee Beer Market and Stage after their win Saturday against the Winnipeg



Mylan Hicks CONTRIBUTED

Blue Bombers.

Officers responded to reports of a shooting early Sunday, where they found a man in his 20s who was taken to hospital in life-threatening condition and later died. THE CANADIAN PRESS

IN BRIEF

Lawyers call possible deportation unfair

Maryam Monsef could be stripped of her citizenship without a hearing under a law the Liberals denounced while in opposition but which they've been enforcing aggressively since taking power, lawyers

say. If Monsef's birthplace was misrepresented on her citizenship application as well, that would be grounds for revocation of citizenship, regardless of whether it was an innocent mistake or the fault of her mother, said lawyer Lorne Waldman.

THE CANADIAN PRESS

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Professor 'free and out of Iran'

MIDDLE EAST

Canadian held for months in notorious Tehran prison

Retired Canadian-Iranian professor Homa Hoodfar has been released from an Iranian prison and is recovering with family in Oman, her friends and colleagues confirmed Monday, four months after her arrest that made headlines around the world.

Last March, shortly before she was to return to Canada after a trip to Iran, Hoodfar, 65, was detained and then released on bail but kept under house arrest. She was re-arrested and held in Tehran's Evin prison since June 6.

The exact reasons for her detention were never made public, but her family and colleagues have indicated she ran afoul of Iranian authorities due to her research on homosexuality and women's sexuality in the context of Muslim countries.

Until recently, Hoodfar taught anthropology and sociology at



Homa Hoodfar arrives in Oman after being released on Monday. THE CANADIAN PRESS

Montreal's Concordia University, where colleagues told a news conference they were overjoyed with her release.

Margie Mendell, a Concordia professor and close friend, said Hoodfar's niece Amanda Ghahremani was on hand to meet her in Oman — the first stop on her journey home.

"She's very frail, she looks extremely thin ... and very worn," Mendell said of a report she received. "I suspect that she's not in good health, but she's free and

out of Iran and she will get medical care and her medication."

Hoodfar suffers from a serious neurological condition and her family had said requests for a check-up by an independent specialist doctor while jailed were ignored.

"I'm really grateful to his majesty, Sultan Qaboos, for making this happen ... after so many months, so many days in prison," a soft-spoken Hoodfar told Omani state television.

THE CANADIAN PRESS

Nine shot, wounded in Texas

POLICE

Mass shooting suspect killed by police, wore Nazi emblems

A disgruntled lawyer wearing military-style apparel with old Nazi emblems had two weapons and more than 2,500 rounds of live ammunition when he randomly shot at drivers in a Houston neighbourhood Monday morning before he was shot and killed by police, authorities said.

Nine people were injured during Monday morning's shootings; six were shot and three had eye injuries from flying glass. One person is in critical condition and another in serious condition, officials said.

Houston Homicide Capt. Dwayne Ready and Interim Police Chief Martha Montalvo did not identify the man and did not have information about a motive.

Texas motor vehicle records in a commercially available database showed the car is licensed to Nathan DeSai at an address



Police investigate the suspect's car in Monday, after a shooting in Houston. MARK MULLIGAN/HOUSTON CHRONICLE VIA AP

in the condo complex.

The property manager of the condo complex also confirmed that police were going through DeSai's residence, where Ready said vintage military items dating to the Civil War and other guns were found the man's apartment.

Authorities first received reports of the shootings about

6:30 a.m., and the man began firing at officers when they arrived.

Mayor Sylvester Turner told KTRK-TV that DeSai was a lawyer who was "disgruntled" and was "either fired or had a bad relationship with this law firm."

DeSai's father, Prakash DeSai, told Houston television station KTRK that his son, whom he saw

Sunday, was upset because "his law practice is not going well" and stays upset "because of his personal problems."

Jason Delgado, the property manager of The Oaks at West University condo complex, said DeSai was involved in two recent incidents at the complex.

In August, Delgado said, police were called after roofers

+ DETAILS

The shooter had two legally purchased guns — a .45-calibre semi-automatic handgun and a Tommy gun — an unsheathed knife, and 2,500 rounds of live ammunition.

There were 75 spent casings at the scene, which were from officers and the gunman.

working in the complex said DeSai pointed an assault-style rifle at them.

He says there wasn't enough evidence to move forward with charges because the man contended he didn't point the gun at roofers. Molleda mentioned the same incident.

And last week, DeSai asked for maintenance help and expressed his displeasure in an email to the management firm that implied he'd "intimidate his way to getting what he was asking for," Delgado said.

THE ASSOCIATED PRESS

PEACE CEREMONY

Colombia seeks end to violence

More than 220,000 deaths, 8 million homeless and countless human rights violations: These are the tragic toll of South America's oldest armed conflict, which begins to wind down with the signing Monday of a historic agreement between Colombia's government and the country's largest rebel movement to end a half-century of hostilities.

President Juan Manuel Santos and the top commander of the Revolutionary Armed Forces of Colombia, or FARC, a rebel fighter known by the alias Timochenko, were to sign the accord in the colonial city of Cartagena. Fifteen Latin American presidents as well as U.N. Secretary-General Ban Ki-moon and U.S. Secretary of State John Kerry witnessed the signing.

In a ceremony charged with symbolism befitting a historic moment that generations of Colombians thought they would never see, more than 2,500 guests were asked to wear white and Santos was to sign the 297-page accord with a pen made from a recycled shell used in combat.

THE ASSOCIATED PRESS

IVORY TRADE

Activists fight to save endangered hornbill

Some call it "ivory on wings," part of the bill of a critically endangered bird in Southeast Asia that is sought by poachers and carved into ornaments for illegal sale to Chinese buyers.

The helmeted hornbill isn't getting as much attention as the beleaguered African elephant at a global wildlife conference this week in South Africa.

But the killing of elephants by the tens of thousands for their tusks is intertwined with a surge in the slaughter of the rare bird whose beak part is a coveted substitute for ivory.

"It's all part of the rising demand for ivory," said Richard Thomas, spokesman for TRAFFIC, a conservation group based in Britain.

Poaching of the helmeted hornbill has soared since around 2010, particularly in Indonesia. The timing roughly coincides with an increase in elephant poaching that has caused a sharp drop in elephant populations.

Last year, the helmeted hornbill was designated as critically endangered on an international "red list" of threatened species.

Delegates are discussing protections for elephants, helmeted hornbills and other vulnerable wildlife at a meeting in Johannesburg of the Convention on



The helmeted hornbill. MORTEN STRANGE/WILDLIFE CONSERVATION SOCIETY/THE ASSOCIATED PRESS

International Trade in Endangered Species of Wild Fauna and Flora, or CITES.

The 12-day meeting of the UN group, which regulates wildlife trade, ends Oct. 5.

In a CITES document, Indonesia asked for more collaboration among law enforcement agencies from countries where helmeted hornbills live, as well as "end market" nations — a reference primarily to China.

China, the world's main ivory consumer, has already said it plans to close its domestic ivory market.

THE ASSOCIATED PRESS

IN BRIEF

Death in Charlotte spurs calls for police body cams

Six people were fatally shot since body cameras were given to all patrol officers in Charlotte, N.C. about a year ago.

But the officers who fired the fatal shots in five of those cases — including Keith Lamont Scott's — weren't using the cameras.

Scott's family are urging the police department to release all video footage it has, as well as audio recordings that could clarify how the incident unfolded.

THE ASSOCIATED PRESS

Ceasefire in Syria still viable: Foreign minister

Syria's foreign minister said Monday that an internationally brokered ceasefire is still viable, as rescue workers in Aleppo sifted through the rubble from the heaviest airstrikes on rebel-held areas of the northern city in five years.

Foreign Minister Walid al-Moallem, speaking to Mayadeen TV from New York, also said the government is prepared to take part in a unity government incorporating elements from the opposition, an offer that has been rejected in the past.

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Donald Trump and Hillary Clinton participate in a presidential debate at Hofstra University in Hempstead, N.Y., on Monday. DAVID GOLDMAN/THE ASSOCIATED PRESS

Trump vs. Clinton: round one

U.S. ELECTION

Republican stumbles after taking bait on heated issues

Measured versus agitated. Practiced versus improvisational. Mostly factual versus — frequently not even close.

If anyone in America still believed there is no real difference between Republican presidential candidate Donald Trump and his Democratic opponent Hillary Clinton, a dramatic and acrimonious first debate likely disabused them.

Hectoring and grimacing, Trump pressed a populist economic message that sought to portray Clinton as a do-nothing agent of a failed status quo. Clinton, smiling and quieter, painted Trump as a bigoted and dangerous charlatan with dark financial secrets and a long record of mistreating average people.

Trump began the debate in his sweet spot: jobs and trade. But he seemed to falter as the night proceeded, taking Clinton's bait on uncomfortable matters of race,

gender and his business past.

And Trump delivered the only lines that may turn into damaging gaffes. When Clinton noted that he cheered for the housing crisis because it could present a money-making opportunity for himself, he said, "That's called business." And when Clinton pointed out that he paid no income tax in some years, he said, "That makes me smart."

Speaking in generalities as usual, the businessman dispensed with direct answers in favour of angry attacks on a former senator and secretary of state he said has no solutions for a country in crisis.

"Typical politician, all talk, no action, sounds good, doesn't work, never going to happen," he said at one point. "Our country is suffering because people like Secretary Clinton have made such bad decisions in terms of our jobs and in terms of what's going on."

Trump, though, refused to explain what he would do to bring back the jobs he alleged that Clinton had chased away. ("First of all, you don't let the companies leave," he said when pressed.) And he struggled to explain the most damaging parts

of his history, regularly resorting to lies when challenged by Clinton and moderator Lester Holt.

The biggest whopper: His repeated claim that he opposed the war in Iraq, which he supported until 17 months after the invasion.

Among other things, he also falsely claimed that New York has seen more murders since the

city ended its stop-and-frisk police search program, that stop-and-frisk was not ruled unconstitutional, that he did not press the issue of President Barack Obama's birthplace after 2011, and that he never suggested he could renegotiate the country's debt, and that he has called climate change a Chinese hoax.

The debate arrived as Clinton's once-formidable lead in national polls evaporated into a tiny edge averaging between one and two percentage points amid deep concerns about her honesty. Perhaps more troubling for her, polls in two of the

most critical states, Colorado and Pennsylvania, have also tightened considerably.

Clinton, who appeared to grow stronger as the 90-minute clash unfolded, launched her sharpest attacks on three of Trump's chief vulnerabilities: his refusal to release his tax returns, his record of sexist remarks, and his spotty record in dealing with

and talking about racial minorities.

"You've got to ask yourself, why won't he release his tax returns? And I think there

may be a couple of reasons. First, maybe he's not as rich as he says he is. Second, maybe he's not as charitable as he claims to be," she said.

Trump insisted, as usual, that he has been "under a routine audit" for years, a claim the U.S. tax authority has suggested is unlikely.

The debate, held at Hofstra University on Long Island, was merely the first of three. But the audience was expected to be the

biggest for this one — and some analysts thought it might hit 100 million people — and strategists believed it would be the most important. David Plouffe, Barack Obama's 2008 campaign manager, told the Washington Post that it was "75 per cent of the rest of the campaign."

Clinton's allies had feared that pundits would give her bombastic rival undue credit for showing a modicum of politeness and decorum. They needed not worry. The Trump who showed up in New York was the combative one who shows up at raucous rallies — a man with little regard for traditional conventions, prepared zingers, or the message discipline preferred by political professionals.

Clinton, who is almost as widely disliked as he is, adopted a far gentler strategy. Listening politely, she broke into a practised smile at the end of several of Trump's rants.

"Why not," she said at one point. "Just join the debate by saying more crazy things."

Clinton depicted herself as a steady hand who could, unlike Trump, be trusted with nuclear weapons. She suggested his policies and temperament could

produce a war with Iran and a nuclear war in Asia.

"I think Donald just criticized me for preparing for this debate," she said after he criticized her for not joining him on recent trips. "And yes, I did. And you know what else I prepared for? I prepared to be president. And I think that's a good thing."

Among their sharpest exchanges came on the subject of Trump's years of advocating the nonsensical "birther" conspiracy about Obama. Trump, pressed on the matter for the first time since he acknowledged without explanation that Obama was born in America, claimed he did "a great job and a great service, not only for the country, but even for the president in getting him to produce his birth certificate."

Clinton's response began: "Just listen to what you heard."

The audience laughed.

"It can't be dismissed that easily," she continued.

"He has really started his political activity based on this racist lie that our first black president was not an American citizen. There was absolutely no evidence for it, but he persisted. He persisted year after year."

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Hillary Clinton to Donald Trump

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Gas project decision first test for Trudeau

ENERGY

Feds have to navigate competing interests

Environment Minister Catherine McKenna has a final environmental assessment of the Pacific NorthWest LNG project in hand, with the federal Liberal cabinet set to meet Tuesday in the national capital.

A decision from the Liberal government on the proposed \$36-billion project in northern British Columbia must be made no later than next Monday.

When it happens, it will mark the first true litmus test of how Prime Minister Justin Trudeau navigates competing interests between environmentalists and First Nations concerned about climate change and salmon habitat and pro-development advocates, in-



Ottawa's acceptance or rejection of the Pacific NorthWest LNG project will set the stage for crucial decisions on a national climate change plan. TIM SULLIVAN/ALASKA RAILROAD / THE ASSOCIATED PRESS

cluding the B.C. government of Christy Clark.

The liquefied natural gas processing plant on Lelu Island near Prince Rupert would ship 19 million tonnes a year of frozen, liquefied gas to markets in Asia while pumping more than five million tonnes of carbon dioxide annually into the

atmosphere.

The government's acceptance or rejection of the project will set the table for an autumn of crucial decisions on a national climate change plan and energy sector infrastructure.

A draft assessment of the LNG project, whose major partner is Malaysia's state-owned

Petronas, was released in February by the Canadian Environmental Assessment Agency. The agency found that the project was "likely to cause significant adverse environmental effects," although it said mitigation measures would result in no serious harm to fish habitat.

THE CANADIAN PRESS

HALLOWEEN

Home Depot pulls peeping Tom decor

Home Depot Canada says it has pulled a Halloween window decoration that mimics a peeping Tom from its stores after a complaint from a customer.

The home-renovation chain says it took "immediate action" to remove the Scary Peep-er Creeper from shelves after a customer raised concerns.

The CBC reports that a woman complained the decoration — which is attached to a window and looks like a man peering inside — makes light of a real

and legitimate threat to women's safety.

Home Depot Canada says it reached out to the person who made the complaint and apologized, adding the product is not in line with the company's "core values." The item no longer appeared on the store's website Monday morning but was listed at \$29.98 on the company's American site.

It looks like the head and hands of a hooded man pressed against the window.

THE CANADIAN PRESS



IN BRIEF

Shomi shutting down

Shomi says it is shutting down as of Nov. 30 after two years in operation. The web streaming service attributed the decision to a business climate and online video marketplace that has changed markedly in recent years.

THE CANADIAN PRESS

market minute

	DOLLAR
	75.55¢ (-0.37¢)
	TSX
	14,619.46 (-78.47)
	OIL
	\$45.93 US (+\$1.45)
	GOLD
	\$1,344.10 US (+\$2.40)

NATURAL GAS: \$3.07 US (+4¢)
DOW JONES: 18,094.83 (-166.62)

AEROSPACE

Bombardier CSeries jet has green credentials confirmed

Bombardier says its new CSeries aircraft has received the aviation industry's first independent environmental certification, confirming the promise of a commercial jet with a substantially lower carbon footprint.

The manufacturer says the CS100, which was entered into service by Swiss International Air Lines in June, received the Environmental Product Declaration from Sweden's International EPD System.

"It adds credibility to what we say when we talk about this airplane being a green airplane,"

Fred Cromer, president of Bombardier Commercial Aircraft, said in an interview.

The declaration was announced on the eve of the general assembly of UN agency International Civil Aviation Organization, which will focus on sustainable development.

The declaration confirms the environmental impact of the plane over the product's projected 20- to 30-year lifespan from start through to recycling parts once decommissioned.

With fuel consumption equivalent to 50 kilometres

per litre, Bombardier says that over its lifespan each CSeries will emit 120,000 tonnes less carbon dioxide than other jets of similar size. That's comparable to taking more than 32,000 mid-sized cars off the road for a year.

Bombardier has received eight certifications for its railway products but said this is the first for any airplane.

Cromer said the declaration can only help sales efforts by validating that the plane fits into the green agenda of airlines. THE CANADIAN PRESS



Bombardier's CEO and president **Alain Bellemare**, right, and commercial aircraft president **Fred Cromer** with the CS100 in Swiss International Air Lines markings. THE CANADIAN PRESS

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EXPERIENCE DOWNTOWN LIVING IN A WHOLE NEW WAY

Located at 25 Alderney Dr. in the heart of downtown Dartmouth, the Avery condo development is aiming to redefine what downtown living can be. It offers stunning views of the Halifax harbour, a convenient location close to necessities and luxurious units that feel like home.

The Avery is a five storey mixed-use development, with 70 residential units that feature 10-foot-high tray ceilings. No detail has been overlooked; standard finishes — which are usually upgrades at other buildings — include engineered hardwood and porcelain tile floors, and granite and quartz stone countertops.

It's on the forefront of eco-friendly living: the building is non-smoking, features energy-efficient lighting, a parking area for bicycles and a common exterior green space. There is also climate control (natural gas heating and air conditioning) for comfort year-round.

There's plenty to enjoy outside the suites too. A rooftop terrace outfitted with a barbecue and kitchen is perfect for entertaining guests. There's also a fully furnished common room to host parties or meetings, a fitness room and sauna. Secure underground parking, landscaping and snow removal also help make life at The Avery worry-free.

The Avery offers amazing walkability.



CONTRIBUTED

There's a farmer's market in the neighbourhood, and the trendy cafes, restaurants and the scenic Dartmouth waterfront provide enjoyable strolls. Shopping in downtown Halifax, Mic Mac Mall or Dartmouth Crossing is also easily accessible from The Avery.

The developer behind The Avery is the An-

napolis Group, a Nova Scotia firm with more than 70 years of experience. They build each unit with a level of thought and detail as if they're constructing it for their own family.

Spokesperson Margo Whitman says The Avery is an attractive option for singles, bachelors, professional couples and people

who are downsizing.

"Different people are looking for different things, but still want all the better amenities, quality and location," she says.

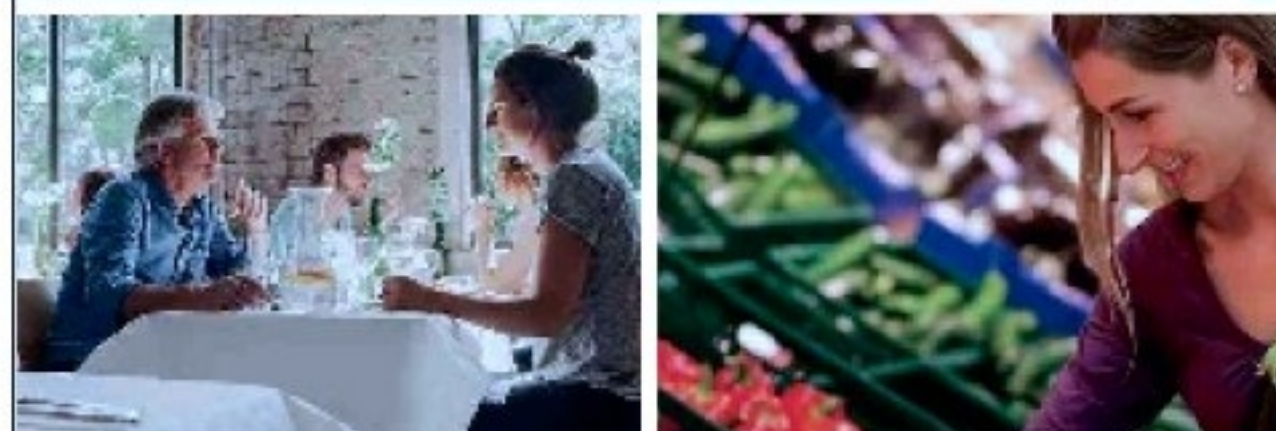
Units range from luxury studios (\$279,900) to luxury three bedroom plus den units (\$899,900).

The Avery will open its doors this fall. Drop by the sales centre on the main floor of Belmont House (33 Alderney Dr.) or visit theavery.ca.

Quick facts

- Address: 25 Alderney Drive, Dartmouth
- Developer/builder: The Annapolis Group
- Architect: S.J. Keating Architect Ltd.
- Design: Ceremony Design
- Project manager: Avondale Construction
- Condos range in size from 795 sq. ft. to 2012 sq. ft. — variety of floor plans and sizes available
- Secure building with on-site superintendent
- Pet friendly

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WHY HIGHFIELD PARK APARTMENTS?

Highfield Park Apartments, ideally located 10 minutes to everywhere; residents can easily access downtown Halifax, Bedford / Sackville, Burnside Industrial Park, Albro Lake, Mic Mac Mall, Dartmouth Crossing including the Metro Transit terminal hub steps from your front door.

Their large selection of low-rise buildings in this community offers a wide variety of living options, from bachelor to three bedrooms to fully furnished suites; from interior or exterior direct access to wood-burning fireplace suites. Layouts are spacious with ample in-suite storage, wood-designed vinyl flooring and large

windows with plenty of natural light and much more.

Residents enjoy on-site amenities with a fitness centre, convenience store, 24-hour laundry room access with smart-card system and minutes to family picnic and park area.

Owned and managed by Oxford Properties, an industry leading company, Highfield Park offers exceptional value for welcoming and worry-free living supported by an award winning 24H customer service, maintenance tracking call centre. For more information, visit oxfordresidential.ca.

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With a series of retirement homes coming soon, Gerald Mitchell Contracting is meeting the needs of families of all shapes and sizes. They expertly craft homes big and small and modernize the quality home styles that the company has been building for more than 30 years.

"We're ready for the next 30 years of homebuilding," says Jerry Mitchell. "We've got big ideas to turn into reality in the next few



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years. We're focused on listening to today's homeowners, building quality homes that are sustainable, and leading home construction in our community."

Gerald Mitchell Contracting is building on lots in Hammonds Plains, Fall River, Halifax and Beaverbank. They have a catalogue of home plans to choose from and adapt to your needs. There's no better feeling than having something exactly the way you want it.

There really is no place like home. For more information, visit gmhomes.ca

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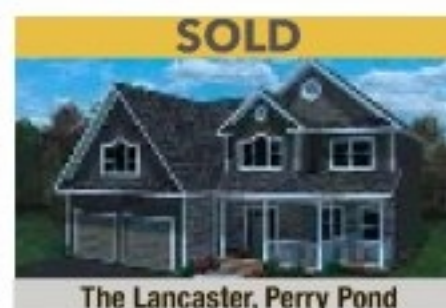
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The Keep is already taking shape on Quinpool Road. When it's finished in June 2018, it will be home for people who love big spaces, modern design, and luxury living.

"For people looking to experience the benefits of high quality new construction while living in a great neighbourhood, The Keep is a wonderful investment," says Aaron Ewer with Parachute Realty.

The average unit size is over 1,200 square feet — all on one floor.

Much thought was given to the design and maximizing light with the gorgeous windows offering beautiful views.

The Keep has 74 condominiums with 22 unique floor plans. If you dream of working from home, there are three live-work townhouses with private roof-top terraces.

The Keep is constructed with the strength of custom engineered Strescon concrete panels. As opposed to a wood-frame building, concrete provides additional soundproofing and remains strong over time helping keep condo fees low.

An industrial grade natural gas gen-



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erator strong enough to power the entire building, including elevators and every outlet, means storms won't affect your

lifestyle. High efficiency heat pumps mean no matter the season, you'll enjoy consistent temperatures and air quality.

You'll also enjoy the professionally designed lobby, corridors, amenity room, and fitness centre. There are also three outdoor green spaces. The largest is on the second floor providing over 7,000 square feet of outdoor space lined with trees, shrubs, and maintenance-free composite decking.

There's also heated indoor parking and storage space. Everything you need is at The Keep or right nearby.

"You're within walking distance to all amenities; the Public Gardens, The Commons, groceries, restaurants, banks, and there's a new local cafe across the street," Ewer said.

It's also walkable to many workplaces in downtown Halifax.

"I think we have the best corner on Quinpool Road at Vernon Street," he said.

Prices start at \$329,900 and two bedrooms start at \$429,900. Parking is included.

Visit thekeephalifax.ca or the book an appointment at the sales centre by contacting Parachute Realty at 902-405-3150.



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Something special in Historic Hydrostone

A quick walk from the Historic Hydrostone Market's trendy boutiques, bakeries and restaurants, St. Joseph's Square is taking shape.

Slated for January 2017 move ins, St. Joseph's Square consists of 106 designer apartment suites complete with fresh and innovative designs. Reclaimed limestone and stained glass windows are incorporated into this Hydrostone-inspired design which mixes historic and modern architectural elements.

"The tailored finishes and strong minimalist features — including stunning kitchens and sleek bathrooms designed by the innovative Halifax architecture firm Dixel Architecture — are definitely peaking the interest of Halifax renters," says Diane Lawen with Paramount Management.

The suites feature expansive windows in each living room, blinds for all doors and windows, air conditioning, private balconies, and designer porcelain tile in the bathrooms. Some suites have skylights and in-floor heating in the bedrooms and hardwood-like flooring in the entrance, kitchen, living room,



Suite kitchens (island available in select suites). CONTRIBUTED

bedrooms and dens.

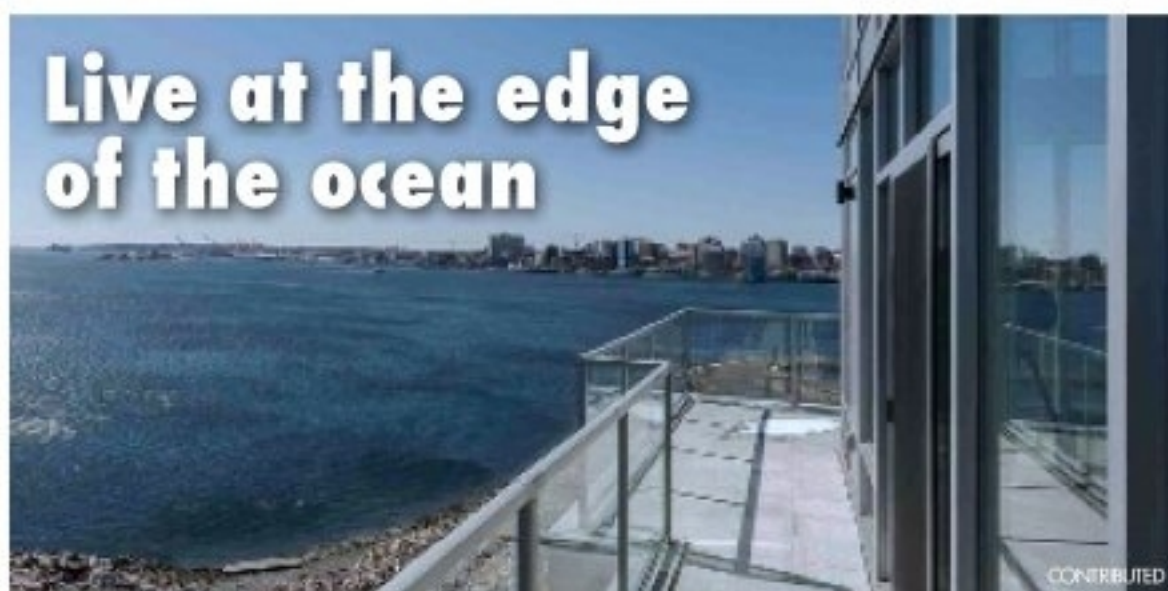
The building features a fitness centre, bike room, workshop, guest suite, resident lounge, entertainment kitchen, communal dining area, and plenty of green space.

Adding to the neighborhood and the long list of resident amenities, St. Joseph's Square will also offer 6,000 square feet of commercial space.

"We are excited about this commercial space and the opportunity to bring more businesses into the area that will continue to help it thrive," Lawen says.

Renters can choose from one, two and three bedroom suites or townhouses. Penthouse suites feature upgraded finishes, floor-to-ceiling windows and unobstructed, breathtaking views.

Live at the edge of the ocean



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At King's Wharf salt air meets city skylines as views from the expansive windows and huge balconies reach out to open ocean. World class tennis, golf and surfing are only minutes away. Sail your boat out to islands and open sea with slippage and docking available at the private marina and dine at one of Halifax's highly regarded and well-established eateries. Take the King's Wharf Water Taxi to reach your restaurant of choice or, if you like, stay in the community and experience Il Trullo, the award-winning Italian restaurant located right in this luxury development.

Live the East Coast life as it is meant to be lived; walk the paths, bike the trails and allow

the ocean to truly become your playground. With suites that include indoor parking, stainless steel appliances, 9-ft. ceilings, floor to ceiling windows, high-end gym facilities and beautifully appointed social rooms, King's Wharf is not just a place to live — it's a place to live life as it should be.

A vibrant mix of natural beauty, inspired design and urban convenience. Whether you are looking to own a condo, require a furnished suite for the short-term or want a long-term rental apartment, King's Wharf is a landmark community on the edge of the ocean, in the heart of the city. Visit kingswharf.com for more information.



SPONSORED CONTENT

Stonewater Homes is now building in Governor's Brook

Governor's Brook is an environmentally planned community located just off Herring Cove Road in Halifax.

Stonewater Homes, Nova Scotia's premier home builder, has a model home ready to view at 321 Alabaster Way. Here you can see the quality finishes and selections available to customize your very own turn-key design. There are five home packages to choose from starting at \$269,900, and both single family and semi-detached plans available.

"This neighbourhood is in the heart of all the amenities," said Corinne Zinck with Keller Williams Select Realty. "It's just 10 minutes to downtown Halifax, plus there are parks, trails and recreation for the whole family right in the neighbourhood."

Open houses at the model home are Saturday and Sunday 12-5 p.m. and 1-4 p.m. Tuesday, Wednesday, and Thursday.

The model home is named the Evandale



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plan, a well thought design that appeals to both young professionals and families. This charming two-storey design features a covered porch, open concept main floor, over-sized windows, large bedrooms, three bathrooms, an ensuite with his and her sinks, a stand-alone soaker tub, shower stall and walk-in closet.

Governor's Brook has municipal services and is very close to all amenities. Buy now and receive a stainless steel fridge, stove, dishwasher and over-the-range microwave, plus a washer and dryer — all free.

"Stonewater builds modern yet traditional homes," Zinck said. "They're well thought quality built homes that are totally customizable and built to your needs and taste."

Single family and semi-detached plans starting at \$269,900.

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The Alabaster I is a brand new, energy efficient 48-unit apartment building in popular Governor's Brook.

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The entire building is energy efficient, smoke free and pet friendly.

Imagine living in a brand-new apartment in one of the city's hottest new neighbourhoods. Governor's Brook in Spryfield is a lovely neighbourhood surrounded by trees, parks, trails and an abundance of amenities.

There are only six available units left, so visit picketfencehomes.ca to learn more.

Picket Fence Homes, Nova Scotia's 2013 Builder of the Year and 2016 Customer Choice Award Winner, has been building strong, beautiful homes for over 16 years.

In addition to the gorgeous apartments, Picket Fence Homes offers a mix of home



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styles including single family and townhomes in Governor's Brook situated among parks and green spaces, yet close to transit, community centres, shopping and schools, and offering views of Halifax and the Atlantic Ocean. Providing quality and affordability, the homes start at \$269,900 including HST and are move-in ready or you can customize any plan to suit your family's needs.

Visit the sales centre at 93 Lier Ridge to view the homes available in Governor's Brook. The centre is open 1-4 p.m. Tuesday to Thursday and Saturday and Sunday.

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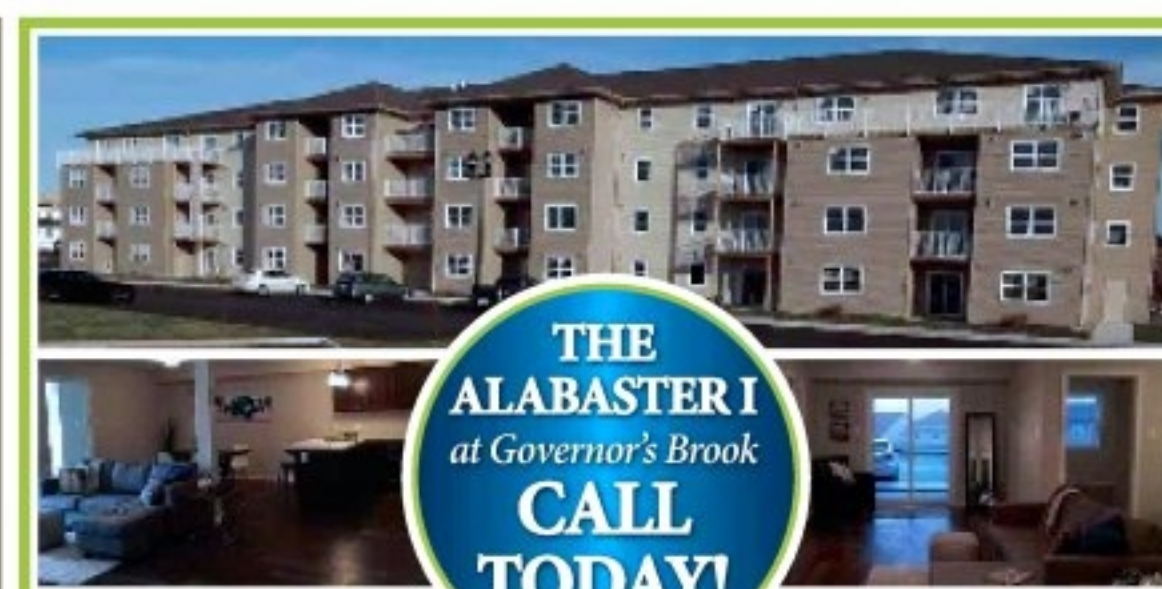


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METRO MOVES

Townhomes hit the market

A beautiful collection of townhouses built by the renowned WM Fares Group, are now on the market for sale or rent. The four townhomes are located in newly developed Crossfield Estates in Middle Sackville.

These 2-storey townhouses are built with you in mind. There are spacious living areas on both floors, a beautiful deck and backyard area and tasteful finishes throughout every room.

"And they are conveniently located just off of Sackville Drive," says Kristi Brown, property manager for WM Fares. "You can buy them or rent them, your choice."

This wonderful townhouse neighbourhood offers uniquely designed homes that will accommodate a lifetime of living in a community of neighbors who appreciate quality and serenity. The townhomes offer true one-level living with kitchen, living and dining rooms, master bedroom with ensuite, guest bedroom, second bath, laundry, deck, and garage all on the main level.

You will also enjoy the additional 1,011 square foot, fully finished lower level. It has a recreation room, third bedroom, office or den,



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full bathroom and storage room. And since it's built by WMFares Group, you know you can expect quality.

This spacious home really does have it all. As one of Nova Scotia's most experienced real estate service providers, WM Fares Group provides excellent service and expertise in handling all aspects of residential property management. They own and manage more than 600 commercial, multi-unit residential properties throughout the Halifax area.

"With so many properties, we can help you find your perfect new home. Our team is always here for you. We want to make sure you are happy to be a WM Fares resident," said Brown.

For more information and to check out all of their properties, visit halifaxapartments.ca.

High demand inspires a second phase of The Concorde building

The Concorde apartment building in Enfield is such a great and popular place to live, the builders are doing it again.

Concorde Way Subdivision Developments is building The Concorde II across the street from the original 39-unit building which, still new, has only one vacancy in it.

Concorde Way Subdivision Developments is a family-owned company, deeply committed to quality and getting everything just right. John Faddoul, site construction manager and property manager, along with his father Youssef, brother Joe, and sister Nina, work together to manage all parts of their Concorde Way development.

Faddoul said The Concorde II will be ready by Fall 2017. There are many different units to choose from: one bedroom; one bedroom plus den; and two and three bedroom units.

"All two and three bedroom units have two full bathrooms," Faddoul said. "The units feature hard surface flooring, and they all have an open-concept design plus quartz countertops throughout."

The building has a high-speed elevator, underground parking, in-floor radiant heat, lux-



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urious lobby and common area, and more. The Concorde II is a great place for seniors because it offers a friendly, comfortable place to live.

The whole street, Concorde Way, is a great mix of semi-detached homes, townhouses, and apartment building.

"To complete the street we'll be putting in a children's playground for all of East Hants to enjoy," Faddoul said. "Concorde Way has easy access to Highway 102, and it's 20 minutes from Halifax."

Enfield is a warm community with friendly people, Faddoul added.

Joe Faddoul, also a Realtor with Royale LePage Atlantic, currently has the semi-detached new homes for sale. Two of the semi-detached homes are sold and two are currently for sale. Prices range from \$249,900-\$259,000.

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MODERN DESIGNS IN THE HOTTEST NEIGHBOURHOODS

Cresco is breaking ground with new, modern designs in the hottest neighbourhoods in HRM.

"We're building them in two popular up and coming neighbourhoods where we're really excited to be entering: Fleetview Drive in the Ravines of Bedford South and the Parks of West Bedford," said Breanne Markotich, customer experience coordinator.

These new designs are based on a great deal of research and customer feedback. Markotich said Cresco always pays close attention to all the little details and they work hard to find what's popular and what's up and coming.

"Every home we build is built with the same level of Cresco quality," she said. "We offer townhomes, bungalows, two-storey homes, and custom homes. There's something for everyone, a couple or a new family going into their first home, and an older family looking to downsize and for someone who wants to fully customize their home."

And what better place to build these thoughtfully designed homes than in two of the most exciting new neighbourhoods in the city?

With a perfect balance of amenities, green space and modern homes masterfully crafted by Cresco, The Ravines of Bedford South is designed for families at every stage in life with access to the city's finest amenities as well as desirable English and French schools.

"There are a lot of new styles there and designs people aren't used to seeing on the market," Markotich said.

With the parks, trails, and open spaces, the Parks of West Bedford offers beautiful living and plenty of breathing space.

"One of the great things about the Parks of West Bedford is the green space and trails. It's a great place for families," Markotich said. "It's a great environment and we're excited to be building in such a dynamic community."

The crew at Cresco believes quality and attention to detail are paramount when it comes to building a home. Making homes TechReady and energy efficient are also key elements. Their signature craftsmanship has become synonymous with Halifax's trendiest urban neighbourhoods.

"It's a really exciting time," Markotich said. "This spring should be a busy season and we're looking forward to it."



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The stylish Monaghan Square will transform North End Halifax. Located at the corner of Young Street and Monaghan Drive in Halifax, Monaghan Square features 164 luxury rental units, 162 condominiums, and 33,000 square feet of prime retail space.

From the quality of suite finishes to the long list of building amenities, Monaghan Square will be luxury living to suit everyone's style. The location of the building is the highest point on the peninsula of Halifax.

"We have a 33,000 square foot landscaped podium deck located at the back of the buildings with a covered barbecue area and seating," said Carolyn MacVicar, property manager for the developers, Young Street Equities Ltd.

There is also a fully furnished amenity room with a full kitchen, gymnasium and exercise room, billiards room, secure storage and the availability of indoor parking.

Monaghan Square is conveniently located in the North End of Halifax within walking distance to excellent shopping and with an easy commute to Downtown Halifax, Bayers Lake and Halifax Shopping Centre. This development is nestled up to the Hydrostone, which is recognized repeatedly as one of the best neighbor-



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hoods in the country. Monaghan Square truly is at the centre of it all.

Rental suites will be ready for occupancy on May 1, 2017 and units range in size from 622 square foot studios to three bedroom units at

1822 square feet. All units have large balconies or patios and many will have amazing views. Natural gas heat and air conditioning are included in the rent and condo fees.

Condo sales are underway and afford-

ably priced starting at \$209,900 for studios, \$299,900 for one bedroom and \$399,900 for two bedroom units.

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ROSEMARY WESTWOOD

Last night an adult debated a child — and it wasn't even close

There was only one adult on the debate stage last night. And she absolutely slayed.

Hillary Clinton did what so many of her critics deemed impossible: She led the debate, she kept her calm, she even looked like she was enjoying herself — no easy feat, if you believe the media's construct of Clinton's demeanour. Clinton also happened to make sense: An obvious added bonus.

Trump... not so much. He interrupted and talked over Clinton as he pleased, pouncing with a single declarative ("Wrong!" "Facts!" "Not!") at every attack, but was so long-winded and digressive during his own time as to be unquotable on any policy point at all. (He proved "semi-exact," to quote one Trumpism that will endure.) He was always following, gripping, the younger child desperately trying to keep up.

Clinton? She laughed, she smiled, she replied to Trump with the eloquence of a competent leader. And she had the better zingers. "Just listen to what you heard," she quipped.

And we were, giddily. At the bar I was in — packed to the gills with bartenders so overworked I could smell them — we were eating it up. There were jeers and cheers. All the buzz you'd expect from a spectator sport.

And yes, there's an entertainment value to debates.

But as a Canadian, safely watching from this side of the 49th, it's easy to forget that this is not just reality TV.

An angry ex-pat American (and Trump sympathizer) once wrote to tell me how egregious she considered Canadian coverage of the American election.

We're all in cahoots to offer "ridiculously slanted and blatantly biased" coverage, she wrote, obsessed with "chronic musings and snide perspectives about a race that (we) cannot even participate in."

If by "biased" she means able to view Trump as an objectively horrific choice for president — guilty as charged. But it is true, undeniably, that this is not our race. We have (economic, cultural, political) skin in the game, but not every limb and bone. Not the heart. This isn't our imagined family tearing itself apart. We are cousins at a distance. This is not our kitchen table.

Now that the election approaches the boiling point, now that polls track the rising Trumpian wave, now that a man in Georgia is talking on NPR about joining a militia in case there's a civil war — now's the time to remember this: We are the spectators.

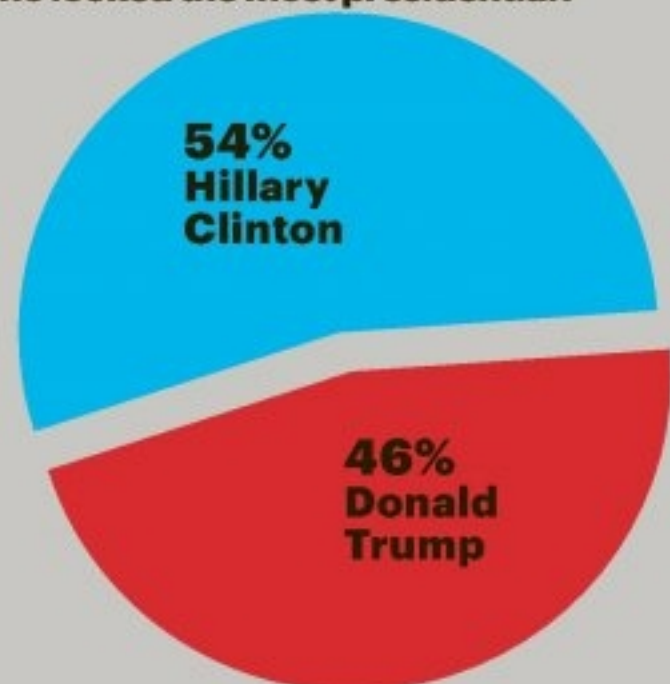
But this game? It's real. And, thank God, Clinton looks like a winner.

METRO POLL

Clinton vs. Trump, Round 1 scorecard

In the blue corner was Democrat Hillary Clinton. In the red corner, Republican Donald Trump. Tuesday night's debate, the first of the two for the U.S. presidential candidates, was an event with the highest possible stakes, given that projected TV ratings were at Super Bowl levels, and pre-debate national polls showed the candidates to be essentially tied. We asked our readers to submit their scorecards.

1 Who looked the most presidential?



2 Did anything you heard change your mind?

88% No. "Trump is awful. Hillary knows her stuff."
12% Yes. "I was a Hillary fan but agree with Trump."

3 What were the best lines?

I take advantage of the laws



Trumped-up trickle-down economics

I will release my tax returns when she releases her 33,000 deleted emails



Donald, I know you live in your own reality



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We need diversity to be a ballot box issue

HALIFAX VOTES 2016

HALIFAX MATTERS

Stephen Kimber



It goes with saying the Tilt-a-Whirl that is Halifax city council has too long tilted toward men, who traditionally also happen to be white, middle-aged and middle-class, usually involved in business of some sort and been recycled through at least a couple of election wash-dry cycles.

There are plenty of people — count me among them — who believe it's time for change: for more younger voices, women, councillors of colour, diversity of life experience and perspective.

The question — far more complicated to answer — is how to make that happen.

Following the upcoming Oct. 15 municipal election, four of the 16 incumbent councillors — three of them men — will automatically return to their familiar chairs simply because no one challenged them.

Most of the eight councillors — seven men — who face competition will probably win too, thanks to some combination of the power of incumbency, personal track records and the fact that councillor-created self-help grants give them each direct control over a chunk of "discretionary" spending in their districts. Victory is not a given, of course, and there are at least a few incumbents in real races.

That leaves just four current councillors — half of them women — who aren't running this time. So 27

wannabes are vying to be one of at least four actual new voices at the council table. (Another caveat: two of those 27 are not new-new; they're former councillors trying for comebacks.)

Big picture: there are opportunities for change: a dozen women, five African Nova Scotians, more younger candidates, plus a few voices that don't check any of the conventional-wisdom political boxes.

Electing even a few not-like-the-others could change — even improve — council's dynamics.

But how do we accomplish that?

Some, including some candidates, have suggested term limits. But there's nothing magical about change for the sake of change. Experience can

also lead to wisdom. Designated seats for minorities? Wouldn't that just ghettoize those councillors — and the issues?

Once this election is history, we do need to look for better ways to represent our city's growing diversity in its governance.

For now, it's up to each of us to thoughtfully examine our choices and consider diversity as one of the determining factors in who we vote for. Simple. Simplistic. Clichéd even. But there you have it.

Stephen Kimber is a professor of journalism at the University of King's College in Halifax and an award-winning writer, editor and broadcaster. Halifax Matters runs every Tuesday.

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Your memory can be hacked

INTERVIEW

Researcher's book reveals the flaws in our recollections

Stop for a moment and think about your first job interview. Can you remember it? Now, try to remember your first day of kindergarten. Or where you were on 9/11. Or the day of your wedding. Those thoughts, those memories, popping into your head — they're probably flawed. And you might've even made some of them up.

So says Julia Shaw, a Canadian researcher and "memory hacker."

As a forensic psychologist and memory expert, Shaw is capable of creating false memories in the minds of average people about events that never actually happened, be it that they committed a terrible crime or were attacked by a dog. Horrifying? Yup. Totally fascinating? That too.

"Normally, you do this unintentionally," Shaw tells me. "You're talking to family and friends, sharing memories, picking up details. But researchers like me, we hijack that process."

Shaw is promoting her new book, *The Memory Illusion*, which explores the science behind false memories, self-deception and how our memory system really works. Your brain is "incredibly malleable and adaptive," according to Shaw, a senior lecturer in criminology at London South Bank University.

Neurons — cells in our brain



Psychologist Dr. Julia Shaw, author of *The Memory Illusion* says that the neural plasticity of our brains is the reason we're able to form memories but it also means we're capable of making memory mistakes. TORSTAR NEWS SERVICE

— connect with one another to develop meaningful networks, which change according to our experiences, Shaw writes.

She likens it to a Wikipedia page, where you can modify things — and so can other people. "It's fluid, with all sorts of inputs, where memories can be readily deleted," Shaw says.

Imagine being at a dinner party where friends are all recounting a high school memory. Everyone offers a tidbit, which reshapes your recollection of the event — and, in the end, it's

impossible to know which parts are your memories or those of other people, and if certain parts of the story even happened at all.

Our attention span also comes into play in memory formation, since we can only truly focus on one thing at a time, Shaw notes. It's like what happens at speed dating or a networking event: Despite your best efforts, you're likely going to forget people's names as your brain filters through information about their appearance, their voice, their personality.

"We often don't process someone's name because we're so busy processing them as a whole," says Shaw.

The "neuronal plasticity" of our brains is the reason we're able to form memories, but it also means we're capable of these memory mistakes. And there's where memory hacking comes in.

"I get people to confuse their imagination with their memory, by getting them to repeatedly picture an event happening, and adding multi-sensory details like

what they're hearing, seeing, smelling, tasting," Shaw tells me. "Over time, that can become indistinguishable in the brain from a real memory."

In other words: Shaw can make you truly believe you did something that never actually happened. Think you wouldn't be fooled? Don't bet on it. In Shaw's research, 70 per cent of individuals were classified as having these false memories.

Her work, and that of other researchers in the memory field, offers a wake-up call to the jus-

+ MIND GAMES

Weird works: "Research shows that, from a memory perspective, weirdness sticks," Shaw writes. In other words: Unexpected components make for memorable pieces of information. Consider the statement 'don't think about pink elephants,' Shaw suggests. It's weird and unexpected, and it'll probably stick it your head.

Master mnemonics: Mnemonics means the study and development of systems for improving and assisting memory. Remember those childhood phrases like 'Never Eat Soggy Weiners' or 'Never Eat Shredded Wheat'? They both act as quirky and memorable ways to remember the directions of north, east, south, and west.

tice system, highlighting how law enforcement agencies can be capable of eliciting false confessions.

But Shaw's ultimate message isn't one of fear. Our brains are wired this way for a reason, and false memories are just the byproduct of how our malleable minds work. "Our reality is a personal construction, and the flexibility of our memories allows us to learn, update information and make connections. Without that, we would have nothing," Shaw says. TORSTAR NEWS SERVICE

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THERE'S AN UPSIDE TO MORNING SICKNESS

It's dreaded by moms-to-be but morning sickness is actually a good sign for the baby, a U.S. government study shows, confirming common pregnancy lore and less rigorous research. Led by Stefanie Hinkle, a researcher at the National Institute of Child Health and Human Development, the study involved almost 800 women. They were asked to record symptoms in daily diaries for the first eight weeks of pregnancy.

THE NUMBERS

Of the nearly 800 women in the study, 443 completed daily diaries, and just over half of them reported nausea by the eighth week of pregnancy, also similar to national estimates. About one in four had nausea and vomiting. The researchers then used statistical analyses to calculate that nausea alone, or nausea with vomiting, was linked with a 50 per cent to 75 per cent reduction in the risk of pregnancy loss.

STUDY STRENGTHS

Unlike some previous studies, the new research had data on women even before they became pregnant, so they were able to include miscarriages that occurred soon after conception.

THE REASONS

Causes of morning sickness are uncertain, but it has been linked with high hormone levels that occur early in pregnancy. How it might reduce chances for miscarriages is also uncertain. Theories include the idea that nausea could make women avoid potentially harmful substances.

THE BOTTOM LINE

Hinkle said the results should be reassuring to women concerned that morning sickness could be harmful — and unaffected women shouldn't be alarmed. "Every pregnancy is different and just because they don't have symptoms doesn't mean they're going to have a pregnancy loss," Hinkle said.

THE ASSOCIATED PRESS



WHOOPIING COUGH

Kids' vaccine wanes for whooping cough: Study

The current vaccine for pertussis, or whooping cough, is highly effective during the first three years after children get their shots, but immunity wanes over the next several years, leaving little protection from the disease, researchers say.

In an Ontario study published Monday in the Canadian Medical Association Journal, researchers found that immunity begins waning about four years following the last scheduled childhood immunization or booster shot given to an adolescent or adult. Within a few more years, the vaccine's effectiveness has diminished significantly.

"The protection that the vaccine gives is very good in the first couple of years after the immunization is given," said Dr. Natasha Crowcroft, chief of applied immunization research for Public Health Ontario. "So it's good news for protecting babies."

"But that protection, it fades pretty quickly. So by the time you're at seven or eight years (out), you've got very little protection left."

Researchers found the odds

of contracting whooping cough following vaccination increased by 27 per cent each year, although the overall risk remained small.

Whooping cough is a highly contagious bacterial infection that affects the respiratory tract and is often marked by a severe hacking cough, followed by a high-pitched intake of breath that sounds like a "whoop." Some infants may not cough, but may struggle to breathe or even temporarily stop breathing.

Pertussis is particularly dangerous for babies and can lead to hospitalization and, in rare cases, death.

Before the introduction of Canada's public pertussis vaccine program, annual incidence of the disease averaged 156 cases per 100,000 people. Since the vaccination program came into effect, the number of new cases has ranged from two per 100,000 in 2011 to 13.9 cases per 100,000 in 2012.

Most cases occur in under-immunized populations, often among those in which parents oppose vaccination, usually on philosophical or religious grounds. THE CANADIAN PRESS

HEALTH NEWS BRIEFS

Generalized anxiety disorder doubles cancer risk in men

Men over 40 years of age who are plagued with the omnipresent of generalized anxiety disorder are more than twice as likely to die of cancer than are men who do not have the mental affliction, new research finds. But for women who suffer from severe anxiety, the research found no increased risk of cancer death.

That finding, presented last week at the European College of Neuropsychopharmacology's Congress in Vienna, emerges from the largest study ever to explore a link between anxiety and cancer. It tracked 15,938 Britons over the age of 40 for 15 years. Even after researchers took account of factors that boost the risk of cancer, including age, alcohol consumption, smoking and chronic diseases, men with a diagnosis of generalized anxiety disorder were 2.15 times as likely to die of cancer than were those with no such diagnosis.

TORSTAR NEWS SERVICE

Researchers call time out on 'five second rule'

A new study published in the journal Applied and Environmental Microbiology calls out the fabled five-second rule — whereby if food falls

to the ground, you have a five-second window to pick it up for the snack to remain clean enough to eat — saying it does not hold up under intelligent, or basically, any scrutiny.

"The five-second rule is a significant oversimplification of what actually happens when bacteria transfer from a surface to food," Donald Schaffner, a Rutgers University biologist and an author of the research, said in a statement. "Bacteria can contaminate instantaneously."

The Rutgers researchers dropped watermelon cubes, Haribo strawberry gummies, plain white bread and buttered bread onto various surfaces from a height of about five inches. Those surfaces — carpet, ceramic tile, stainless steel and wood — were slathered with Enter-

bacter aerogenes, a bacteria similar in food-clinging ability to salmonella but far less a dangerous bug. The scientists left the food on the surfaces for intervals varying from less than a second to five, 30 and 300 seconds.

The scientists then assessed how much E. aerogenes transferred between surface and food. Although time was a factor — broadly speaking, the longer a food touched a surface the more bacteria it had — what was far more relevant was the composition of food or surface.

The scientists concluded their paper, echoing Schaffner's statement: The five-second rule is a "significant oversimplification" for the chance of bacteria transfer in real life. In other words, don't drop that watermelon.

TORSTAR NEWS SERVICE



Bad news: The five-second rule doesn't hold up to scientific scrutiny. ISTOCK

Mittens Domestic Medium Hair

Mittens is a quiet little thing. When her kennel door is opened, she is quick to rise up to greet a visitor. She is active, friendly and curious, and expresses her trust with a quiet, whisper of a purr. Mittens is 5 years old, a young cat with many years ahead of her to repay her new family with lots of love and affection.

Mittens came from a home that had dogs and cats, so we know she is comfortable with other animals that are well-behaved and cat-friendly. You can meet her at the SPCA shelter in Burnside.

For more information on Mittens and other adoptable furry friends, visit www.spcans.ca/dartmouthshelter or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or dartmouth@spcans.ca

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Bringing back Mad Men-style boozing

DRINKS: A USER'S GUIDE

Connoisseur is rolling out a 'primer for drinking well'

Adam McDowell wants you to drink as your grandparents did. Embrace cocktails, talk about bitters and get fluent with the finer points of tequila.

Lap up the institutional drinking knowledge that's been lost over the past decades when North Americans regarded drinking as unhealthy, sacrilegious and sad, says the drinks writer and booze expert with CTV's *The Social*, whose new book, *Drinks: A User's Guide* came out last week.

"Some time between the Mad Men era (1960s) and the '80s, it was decided that alcohol was unhealthy," said McDowell, noting that while it was long known alcoholism was unhealthy, even casual boozers started adopting less alcoholic options, such as wine spritzers in the 1980s, when alcoholic consumption per capita started falling.

"Adding to (that were) puritanical ideas that were already on the ground in North America — Protestant ideas about

altered states of consciousness being sinful or shameful. You put that all together and it became this idea that someone who drank booze was ... Norm on Cheers. It was this sad, pathetic person."

But now, we're at a tipping point: drinking creative drinks is en vogue again.

"If you came to a hotel bar 10 years ago, five years ago, they wouldn't have said, 'What kind of gin do you want in your tonic?' " McDowell said during a sit-down interview at the Royal York Hotel's Library Bar in Toronto where he ordered a Perfect Martinez — a mix of Angostura bitters, Botanist Islay Dry Gin, Cointreau, sweet red vermouth, dry vermouth with a lemon twist. I ordered a gin and tonic made with Botanist gin.

"Part of that has been fuelled by the cocktail resurgence in the United States, starting in New York and New Orleans, which started a decade ago," he said.

"That has spread in a really healthy way to Canada."

Through *Drinks: A User's Guide*, he hopes to educate those who imbibe, by sharing trade secrets (stick to drinking spirits at weddings — he finds the wine is almost always bad), fun facts about alcohol's his-



Adam McDowell is the author of the new book *Drinks: A user's guide*. RENE JOHNSTON/TORONTO STAR

tory, such as gin's origins as medicine, basic dos and don'ts of drinking, and cocktail recipes including his favourite mojito.

He considers his book "a primer for drinking well, every day" and hopes readers get

comfortable talking about, experimenting with and indulging in alcohol.

"I do think people are a little embarrassed to talk about alcohol ... you don't have to behave as if someone's doing something wrong or risqué by

having a drink."

Two final questions for Adam McDowell:

What's your go-to drink?

I don't have one. I'm actually pretty against the idea of a go-to drink. People have a

You don't have to behave as if someone's doing something wrong or risqué by having a drink.
Adam McDowell

go-to drink and then they go to the same things over and over again.

There are certainly reliable drinks: gin and tonic is one of them; Manhattan is a good cocktail; hard to go wrong with pale ale.

What do people say when they find out you're a booze expert?

People start apologizing for what they're drinking. They say, "Oh, I don't know anything about wine or beer. I'm not sophisticated."

It's strange because I don't think anyone does that with food. I don't say, "Oh, I wouldn't dare order fish as a restaurant, I don't know anything about fish." I don't know why drinks have this (mystery) around it.

TORSTAR NEWS SERVICE



JOHANNA SCHNELLER **WHAT I'M WATCHING**

Tackling some uneasy generational feelings

THE SHOW: *Easy*, Season 1, Episode 8 (Netflix)

THE MOMENT: The big question

Two brothers who run an illegal garage brewery visit a sleek brewery/bar. "Tell me you couldn't see us in a place like this," says Matt (Evan Jonigkeit), the older, more settled brother.

"This place is cool, yes," replies Jeff (Dave Franco), the freer spirit. "I get it for you. You have a boring job that you hate." But, Jeff continues, he loves his simpler life, his outlaw brewery, the time he spends with his girlfriend. Why give that up to "work more and stress more?"

"If you try to stay in the same place, everyone around you is going to change," Matt counters, "and everything you think is cool isn't going to be cool."

With this omnibus series, set in hipster Chicago, creator and Mumblecore alum Joe Swanberg (Hannah Takes the Stairs) establishes himself alongside Lena Dunham as a voice of a generation: here, it's millennials poised



Evan Jonigkeit in Netflix show *Easy*. CONTRIBUTED

between late 20s and early 30s, between cool jobs (almost everyone is an artist, actor, writer or artisanal foodie) and starting families. In other words, between authenticity and selling out.

Swanberg has matured into a serious talent. He's peopled his cast with just the right blend of (effortlessly diverse) comedians, models, artists and musicians — some playing themselves — to

create a vibe. Although each episode is different, each asks a version of exactly the right question for this moment: Can you decide to become a different person, and does that have to be a bad thing?

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

LITERARY AWARDS

Women dominate Giller short list

Women dominate the 2016 Scotiabank Giller Prize short list, announced Monday morning at a reception at the Art Gallery of Ontario hosted by CBC Radio's Matt Galloway.

Of the six finalists, five are women with Gary Barwin, author of *Yiddish for Pirates*, the sole male finalist for the prestigious prize.

There's an extra nominee from the usual five; jury chair Lawrence Hill told Torstar News Service he and the other jurors "just felt that five wasn't enough to contain our enthusiasm so we spilled over to six."

The shortlisted nominees were culled from the 12-author long list announced on Sept. 7. Those, in turn, were chosen from a field of 161 titles submitted by 69 publisher imprints.

The six writers competing for the \$100,000 grand prize are:

Mona Awad for her debut novel *13 Ways of Looking at a Fat Girl* (Penguin Canada), her exploration of body image issues. This title won the Amazon.ca First Novel Award in May.

Gary Barwin for *Yiddish for Pirates* (Random House Canada), a pirate's tale narrated by a 500-year-old parrot that is a riotous play with language. Bar-



Madeleine Thien is on the short list for the Giller Prize.

THE CANADIAN PRESS/HANDOUT

win's been writing poetry, short fiction and children's books for years, but this is his first novel.

Emma Donoghue for *The Wonder* (HarperCollins Publishers), set in Ireland, about a girl who continues to live despite an extended fast. It looks at faith, religion and the power it holds.

Catherine Leroux, *The Party Wall* (Biblioasis International Translation Series, translated by Lazer Lederhendler), a novel made up of stories that explore the things that bind people together.

Madeleine Thien, *Do Not*

+ BOOKMARKED

The winner will be announced at a gala in Toronto to be aired live on CBC on Monday, Nov. 7 at 9 p.m. in a broadcast to be hosted by comedian Steve Patterson.

The prize for the winner is \$100,000, while each finalist receives \$10,000.

Say We Have Nothing (Alfred A. Knopf), an epic novel that chronicles the tragedy of revolutionary and communist China. This book has also been shortlisted for the Man Booker Prize. This is her first appearance on the Giller list and, surprisingly, given the strength of her reputation, on any of the major Canadian prize lists.

Zoe Whittall, *The Best Kind of People* (House of Anansi Press), which examines rape culture and the effect on a family and community when one of its members is accused of sexual assault. Hill, as he announced it as one of the finalists, called it "urgent and timely, nuanced and brave."

TORSTAR NEWS SERVICE

Challengers appear for the Pokémon GO market share

DIGITAL DOWNLOADS

Fewer people play now, but game remains a phenomenon

Does Pokémon GO have a second act?

The mobile phone app was an instant hit when it debuted in July. Crowds stampeded after a Vaporeon in Central Park and people fell off cliffs playing it in California.

At an Apple event on Sept. 7, Niantic CEO John Hanke said 500 million people had downloaded the game in just two months. It was the first mobile game to go mainstream in a big way since Candy Crush in 2014 or Angry Birds in 2012. It was also the first to incorporate augmented reality, a blending of the real and virtual worlds.

But the buzz has decidedly cooled. Last Tuesday, the game ended its reign as the top-grossing U.S. iPhone app after 74 days on top, replaced by Clash Royale, a popular battling game, according to research firm Sensor Tower.

While experts say the game is likely to remain popular for a while, it needs to evolve to have real staying power — just like its namesake digital creatures.

DOWN BUT NOT OUT

Of course, an enormous number of people still play the game. Research firm App Annie estimates 1 in 10 smartphone owners in the U.S. are playing; in Japan, that number is 1 in 4.

FAD DATA

Twitter mentions of Pokémon GO peaked at 1.7 million on July 11, five days after its launch, according to Adobe Digital Insights. That number had fallen by 98 per cent, to 131,000, by Sept. 7, when Apple featured it.

"Almost anything of this sort is a fad," says Steve Jones, a communications professor at the University of Illinois at Chicago. "I think we've seen the tapering off."

Pokémon GO has also been good at keeping people playing after signing up. Its 30-day retention rate is the second best on the Google Play store — behind Words with Friends, but ahead of other popular games such as Clash of Clans and Clash Royale.

"For a gaming app to be as big as a social network is unprecedented," said Fabien-Pierre Nicolas, a spokesman at App Annie.

"Right now, yes, they're losing a million players every week. But they get a million new players every week."

POKÉMON GO EVOLUTION

But with social chatter dying down and a new smartphone game based on a beloved 1990s character — Super Mario Run — hitting app stores in December, Pokémon will have to reinvent itself.

Kari Amarosso, a public relations manager at Arizona State University, started playing Pokémon GO with her 19-year-old son. But the allure wore off after about six weeks, she said.

HASN'T CAUGHT THEM ALL

Jones suggests the company needs to do more to keep people interested — for example, by adding some kind of social element so that players can interact with each other. His two teenage sons, he notes, have grown slightly less enchanted with the game.

"Young people are used to doing social media and there isn't really messaging as part of the game," Jones said.

There have been persistent rumours that Niantic plans to let players trade captured Pokémon with one another, although the company hasn't commented on that.

The big challenge for Pokémon GO is to avoid the fate of Candy Crush, says Pace University marketing professor Larry Chiagouris. Created by King Digital, Candy Crush became a smash hit.

Activision Blizzard subsequently bought King for \$5.9 billion. But while people still play the game, the fervour around it has died down.

"You don't get too many invitations to play Candy Crush anymore," he said.

THE ASSOCIATED PRESS



Pokémon GO players begin a group walk along the Embarcadero in San Francisco. **Pokémon GO was an instant hit when it debuted in July. But as the hype subsides, what's next for the game?** AP PHOTO/MARCIO JOSE SANCHEZ, FILE

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MILAN FASHION WEEK

Tennis stars hit the runway for Armani

If even Giorgio Armani has a negligee-inspired dress, then baby doll looks are definitely a trend.

Armani's take featured a layer of black sheer pleating over a dark floral pattern, finished with poufy translucent shoulders. Baby-doll looks are hot this season on the runways at Milan Fashion Week, with a parade of lacy eyelet and pleated mini-dresses, many featuring feathery touches.

Highlights from Friday's womenswear previews for next spring and summer, with shows from Armani, Diesel Black Gold and Versace:

LOVE SET

Tennis stars Serena Williams and Novak Djokovic took their game to Milan Fashion Week, taking front row seats Friday at the Giorgio Armani show.

Williams, wearing a sleeveless pearl-beaded top that showed off her powerful arms and high-waisted black trousers, gushed over Armani, saying his creations are "so amazing, so exciting."

Djokovic and his wife Jelena

hosted a gala dinner earlier in the week to raise money to support early childhood education in disadvantaged communities.

FEMALE POWER

Donatella Versace is out to empower women, with the soundtrack for the runway show for spring/summer 2017 urging woman to "take the leap. If we do nothing, we get nothing."

And she got a little help from friends Naomi Campbell and Gigi Hadid, who did turns on the runway. Campbell looked fierce in a red-white-and-blue track jacket and matching high-slit skirt. Hadid sported a mini dress with lace details with a technical overcoat and high-heeled sandals.

The Versace collection for next spring and summer focused on sportswear, which the designer called "the future of fashion."

CHARMANI

Giorgio Armani seems to have harnessed celestial energy for his next collection, an ode to multi-culturalism.

The silhouette was soft, swathing the Armani woman in sarongs, fringe and tassels. The prints, in deep blue and black, contributed to the mood with a swirling effect. Armani dubbed the collection "Charmani," defining it as "the lightness of the body, seductively revealing itself, finding a new balance between discipline and freedom."

UTILITARIAN CHIC

Designer Andreas Melbostad created pretty, utilitarian looks combining frills with military detailing for the Diesel Black Gold label.

Ruffled baby doll dresses in military shades were paired with sneaker-boots, while pink high-waisted trousers were worn with bra tops. Hair was braided and collected into buns for a look of fierce femininity — think Katniss of "The Hunger Games" franchise. THE ASSOCIATED PRESS



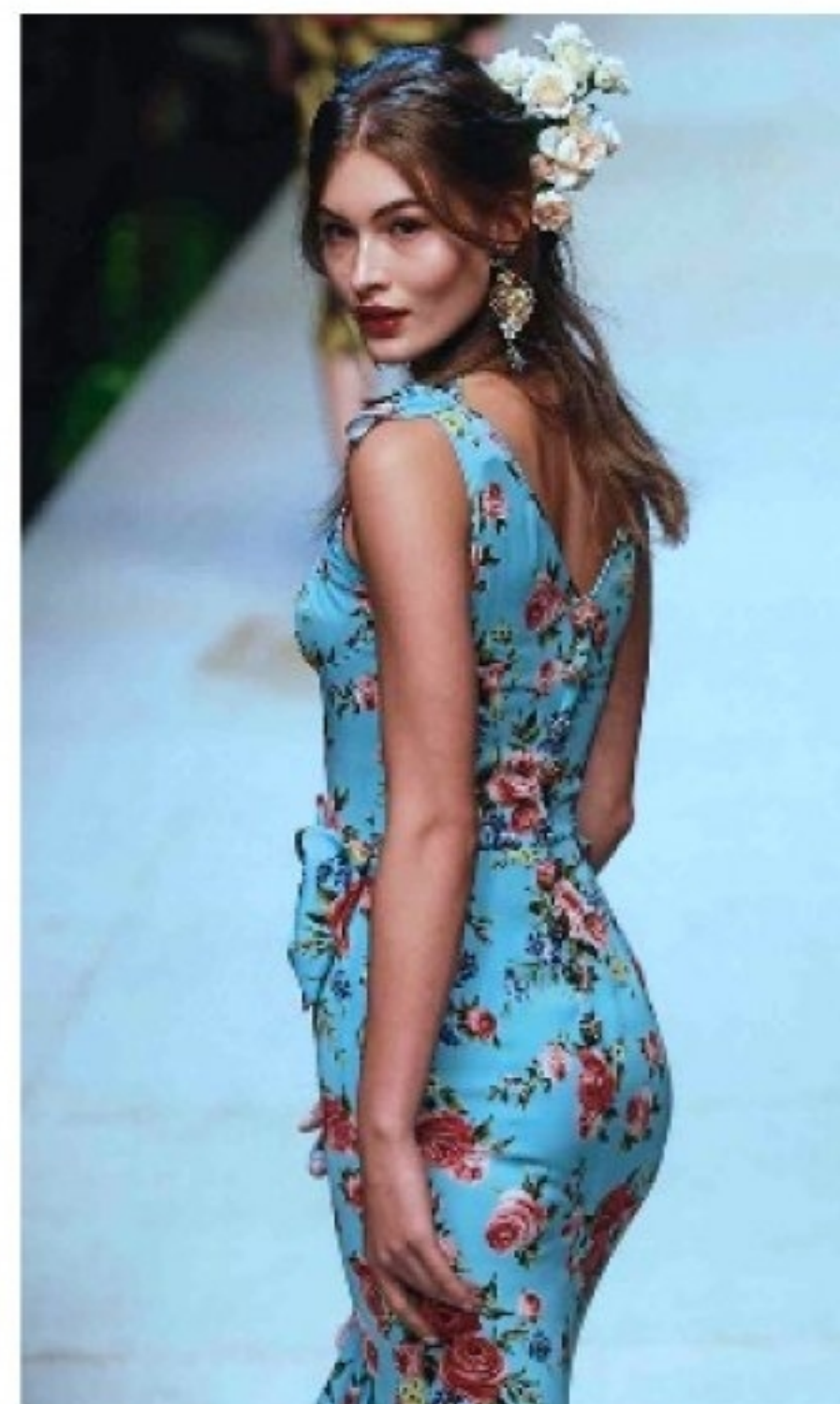
A crystal-encrusted Armani dress recalled the night sky. GIUSEPPE CAGACE/AFP/GETTY IMAGES

Milan is already celebrating spring

Here are the highlights from Dolce&Gabbana's spring and summer collection, which showed on the fifth day of Milan Fashion Week on Sunday. THE ASSOCIATED PRESS/GETTY IMAGES

Italian tropics

The duo's collection for next spring and summer was dubbed "Italian Tropics," a fantastical framing of the designers' beloved Sicily, and was exuberant in itself, starting off with a series of bejeweled and embroidered jackets paired with flouncy transparent net skirts, hot pants, decorated ripped jean shorts and silken floral print dresses. Nary a box was unticked for next season, hardly a silhouette left unexplored. The designers delivered a selection of pretty black dresses, from sheer lace numbers to short cocktail looks.



Ending on a simple note

Amid the endless variety, the final dress of the show perhaps best demonstrated that the designers' intent for next season was something less showy: A baby blue floral dress that hugged the bodice peasant-style and highlighted the curves with a diagonal ruffle. Gently curled hair was decorated with a simple pink flower. The final word being, self-possession.

Tapping the power of Instagram

Social media stars have brought a fresh buzz to Milan Fashion Week. As word of their whereabouts spreads, gaggles of fans gather outside the restaurant or show venue where they are gathered, hoping for the chance to get a selfie. Designers Domenico Dolce and Stefano Gabbana are showing their fashion smarts by inviting a host of Millennial-and-under internet stars and fashion trendsetters to the Dolce&Gabbana front row. Young VIPs like Cameron Dallas (pictured right), Sistine Stallone, Zoey Deutch, Lucky Blue Smith and Pyper America Smith, who command millions of followers across multiple social media platforms, give an instant burst of recognition to a very and attentive and targeted audience across the globe.



THE TOP 6@6

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Closer
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Let Me Love You
- 2 Tove Lo
Cool Girl
- 1 Kiiara
Gold



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Byron Froese, left, of the Maple Leafs protects the puck from the Senators' Andreas Englund during pre-season action at Scotiabank Centre on Monday night. DARREN CALABRESE/THE CANADIAN PRESS

Sens double up Buds

NHL
Halifax treated to exhibition game between Canadian clubs

Phil Varone had two goals and two assists to lead the Ottawa Senators to a 6-3 pre-season victory over the Toronto Maple Leafs on Monday.

Logan Brown, Thomas Chabot, Matt Puempel and Casey Bailey, a former Leafs prospect,

At Scotiabank Centre



also scored for Ottawa.

Andrew Nielsen, Frank Corrado and Jake Gardiner replied for the Maple Leafs. Mitch Marner, Toronto's first-round pick in 2015 (fourth overall) and reigning CHL player of the year, had two assists.

Varone scored his first goal

just 50 seconds into the game when the Senators centre capitalized on a juicy rebound that Antoine Bibeau kicked out into the slot.

A minute later, Ottawa made it 2-0 when Brown, the Senators' first-round pick in the June draft, banged home a loose puck from a goalmouth scramble.

After the Leafs fought back to tie the contest, Chabot gave Ottawa a 3-2 lead in the second but Gardiner replied just 13 seconds later to even the game once again. Varone added his second goal at 17:14 to give Ottawa the

lead for good.

Kasimir Kaskisuo came in to start the third period after Bibeau allowed four goals on just 15 shots.

Varone added two assists in the third as Ottawa put the game away. He set up Puempel for a short-handed goal at 11:47 of the third and then fed Bailey, who made it 6-3 with 5:40 left in the game.

Andrew Hammond stopped 20 of 22 shots before giving way to Chris Driedger midway through the second period.

THE CANADIAN PRESS

HOCKEY

Marchand scores big contract with Bruins

Brad Marchand wasn't among the first 16 players named to Canada's World Cup of Hockey roster because the team's brass wanted to avoid a controversy.

Even though everyone involved in the selection process had Marchand on their initial lists, Canada's decision-makers knew that nobody would be surprised by his omission. Excluding a player with more star power might have caused an unnecessary controversy, so Team Canada's brass opted to wait until late May to name Marchand to the roster.

"We knew it wasn't going to

be a big story if Brad wasn't on the (first) list and we knew he was going to make the team," said Canadian general manager Doug Armstrong. "But to remove one of those (other) 16 you're sort of creating something that doesn't need to be created. But he was on everyone's roster right from the get-go."

Marchand has been the most pleasant surprise for Canada at the World Cup, a seamless fit alongside Sidney Crosby and Patrice Bergeron on the team's top line. The 28-year-old Hammonds Plains native, who signed an eight-year, \$49-million US deal



Brad Marchand GETTY IMAGES

with the Boston Bruins on Monday morning, has rung up five points, including a pair of key

goals in a semifinal win against Russia over the weekend.

Posting a career-high 37 goals and 60 points last season for the Bruins, Marchand didn't want to discuss his new contract ahead of the best-of-three final with Europe, preferring to keep the focus on Canada and their quest for a title.

"It's a place that I'm very excited about being for the next number of years and potentially my whole career," Marchand said of Boston. "But right now I'm here and I want the focus to be here. This is where I'm at."

THE CANADIAN PRESS

NBA

Raps high on using status for change

The Toronto Raptors plan to join the growing chorus of pro athletes speaking out against police brutality, a topic that has hit close to home for DeMar DeRozan.

"I had a close friend of mine a couple of weeks ago that was murdered by the police, shot 17 times," the star guard said Monday at the team's media day prior to the start of training camp. "It was something I haven't spoke out about, it was more so of just understanding what's going on in our society and how much I can help."

San Francisco 49ers quarterback Colin Kaepernick refused

to stand for the Star-Spangled Banner in protest of police shootings and racial inequality in the United States, and his action has spread not only across the NFL, but to NCAA football and the WNBA.

And now, the NBA — in which 75 per cent of players are black — will surely see some players follow suit when the season tips off next month.

The Raptors say they're all for using their high-profile platform to press for change, but didn't offer specifics of how they would do that, including whether they would refuse to stand during the anthem. THE CANADIAN PRESS

“All I tell our guys is to be informed ... and do it from the heart.”

Coach Dwane Casey on potential protests



MLB MARLINS MOURN FERNANDEZ Marlins hitting coach Barry Bonds, left, hugs an emotional Dee Gordon after he hit a home run against the New York Mets on Monday in Miami. All of the Marlins wore No. 16, a day after ace pitcher Jose Fernandez's fatal boating accident. LYNNE SLADKY/THE ASSOCIATED PRESS

IN BRIEF

Seahawks QB recovering well from knee injury: Coach
Seattle Seahawks quarterback Russell Wilson has a sprained MCL in his left knee and coach Pete Carroll raised the possibility on Monday of Wilson missing the Week 4 game against the New York Jets.

Carroll said during his weekly radio show on KIRO-AM on Monday morning that Wilson "feels great" and that his recovery is already going "exceedingly well."

THE ASSOCIATED PRESS

FIFA's choice to end racism task force puzzles critics

FIFA's abolition of its anti-racism task force was denounced as a shameful betrayal on Monday as the governing body went on the defensive to reaffirm its commitment to fighting discrimination.

Kick It Out, English soccer's anti-discrimination organization, said it was "perplexed" by FIFA's decision, given the World Cup is being staged in 2018 in Russia "which is notorious for racism."

THE ASSOCIATED PRESS

RECIPE Roasted Cauliflower Salad



PHOTO: MAYA WISNIE

Ceri Marsh & Laura Keogh
For Metro Canada

• salt and pepper

Directions

1. Preheat oven to 350 degrees.
2. Toss cauliflower florets in a bit of olive oil, salt and pepper. Pour into shallow roasting pan and place in oven for about 30 minutes. Turn and toss once or twice.
3. Remove from the oven and allow to cool.
4. In a jar, place oil, vinegar, shallots and salt and pepper and shake.
5. Dress your lettuce lightly in the dressing and arrange in a bowl or on a platter. Drizzle some dressing over the cauliflower and toss.
6. Arrange the dressed cauliflower on the lettuce. Sprinkle nuts on top.

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Cook time: 10 minutes
Serves 4

Ingredients

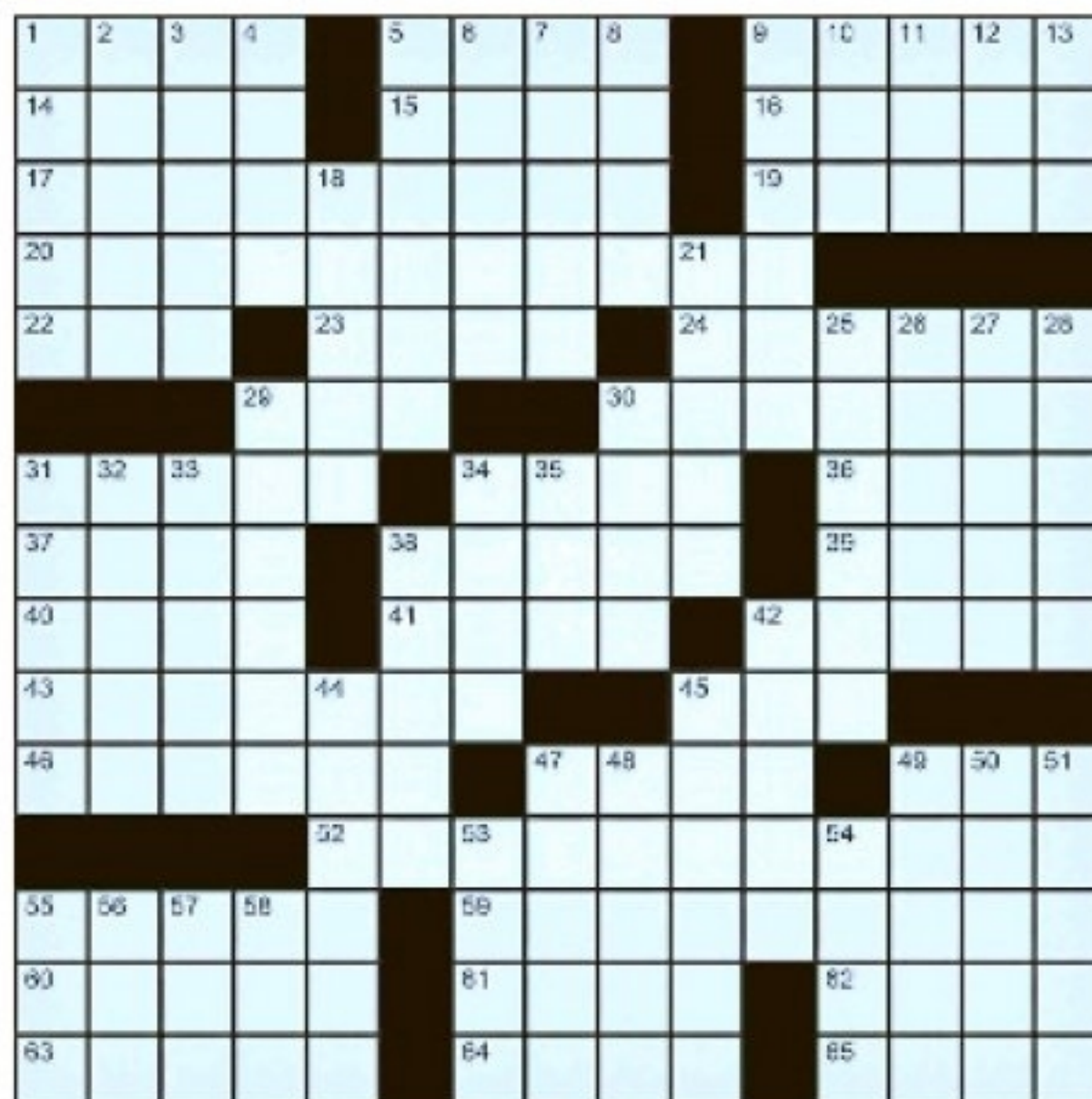
- 1 head of cauliflower cleaned and cut into small florets
- 1 head romaine lettuce cleaned and cut into thin strips
- 6 or 7 leaves of radicchio cleaned and cut into thin strips
- 1/2 cup extra virgin olive oil
- 1/4 cup red or white wine vinegar
- 2 shallots minced
- handful of hazelnuts roughly chopped

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Chesterfield
5. Lament loudly
9. Earthy pigment
14. Mr. Sandler
15. Prefix meaning 'Self'
16. Easily duped
17. Practicing performer
19. Short-tailed weasel
20. Penticton, British Columbia born actress who won a Tony Award in 1972 for her performance in the Stephen Sondheim stage musical *Follies*: 2 wds.
22. The Family Stone's star
23. Podium
24. The very start
29. Cry from a kitten
30. Domed building lobby
31. Raised flatlands
34. Mister Ed's pace
36. Film __ (Movie genre)
37. Cut
38. Party beverage in a large bowl
39. Ms. de Matteo
40. Pro __ (In proportion)
41. Thin wood strip
42. Salad green
43. Cacophony
45. __ Na Na
46. Ranch animals
47. "...or to take arms against __ of troubles..." - Hamlet
49. ABBA song
52. Canadian band with the 1986 tune "Me, Myself & I": 2 wds.
55. Papa __ (Rock



- band)
59. Most sparkly
60. Boredom
61. Charles __, Officer Renko portrayer on '80s police series "Hill Street Blues"
62. Prude
63. Like well-worn denim

64. __ Christie (Eugene O'Neill play)
65. Casino game

DOWN

1. Ms. Gilbert's of "The Talk"
2. Nancy of "Entertainment Tonight"

3. "Lost" actor, Jeff __
4. 'Travelers Cheques' co.
5. Poland's capital
6. Also, in Montreal
7. Particulars
8. Ms. Loughlin of "Full House"
9. Like an ajar door

10. Front door floor piece
11. Prefix to 'hazard'
12. Movies actress Ms. Mendes
13. Soak flax
18. White House staff
21. Comb's one-of-some

25. Arctic's treeless expanse
26. SnooZZze
27. Ms. Falco's
28. Ms. Reid, and namesakes
29. Nova Scotia: Isle __ (Island off Cape Breton)
30. Full-bodied, as flavour
31. Singer Mr. Anthony, and namesakes
32. Glorify
33. Bristly hairs
34. Thickening gum
35. Sandy mound bug
38. Lavish
42. My Name Is Asher Lev novelist Mr. Potok
44. Type of flower
45. "Just Another Day" singer Jon
47. Edgar __ Poe
48. Coil of yarn
49. Vista
50. "The Price Is Right" announcer, Johnny __ (b.1910 - d.1985)
51. Brief-but-heated fight
53. Title in Turkey
54. Peril
55. TKO caller
56. __ mission
57. "Keep talking..."
58. Pool stick

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
For the next six weeks, your ambition is aroused. This will help you to accomplish a lot; however, use caution during conflicts with bosses and co-workers.

Taurus April 21 - May 21
Your interest in intellectual ideas will grow in the next month. You will expand your personal beliefs. Travel will please you as well.

Gemini May 22 - June 21
Disputes about inheritances, shared property and debt are likely during the next six weeks. You will be successful in settling things the way you desire.

Cancer June 22 - July 23
Fiery Mars is opposite your sign for the next six weeks, creating tension between you and others. You want to put your cards on the table and tell it like it is!

Leo July 24 - Aug. 23
You can accomplish a lot in the next month because Mars will give you the energy to do so. However, you will want credit for what you do.

Virgo Aug. 24 - Sept. 23
Grab every opportunity for playful diversions during the next six weeks. Take a vacation. You will have lots of energy for physical sports.

Libra Sept. 24 - Oct. 23
Increased chaos and activity at home are likely during the next six weeks, perhaps due to renovations, redecorating projects or visiting guests. Handle this with patience and grace.

Scorpio Oct. 24 - Nov. 22
Your communication with others is strong in the coming month. You will have no trouble persuading people to agree with your ideas. (Don't be overbearing.)

Sagittarius Nov. 23 - Dec. 21
It will be easy to earn money in the next six weeks, because you have the energy to focus on this. Likewise, many of you will be spending a lot.

Capricorn Dec. 22 - Jan. 20
Fiery Mars will be in your sign for the next six weeks. This happens only once every two years. Get ready for lots of activity and hard work!

Aquarius Jan. 21 - Feb. 19
Behind-the-scenes work will appeal to you in the month ahead because you want to do something quietly, perhaps on your own. Be aware that someone might not agree with your choices.

Pisces Feb. 20 - March 20
Physical sports and competition will mark your activities for the next six weeks. This also is a good time to define your goals and actively pursue them.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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